CHILL SO HARD™

65-Hour Yoga Nidra and Restorative Yoga Leadership Training

Course Syllabus - Fall/Winter 2026

For questions, please contact info@sankofayogacenter.com

October 2026 - December 2026

Registration Closes Monday, October 12, 2026

CHILL SO HARD™ Yoga Nidra and Restorative Yoga Leadership Training is a transformative program crafted for individuals passionate about using rest as a foundation for community healing and service-driven leadership. Far beyond teaching techniques, this immersive training equips participants with the skills to facilitate experiences that foster connection, resilience, and profound rejuvenation. Rooted in ancient wisdom, Yoga Nidra practices are combined with the gentle support of Restorative Yoga, creating a toolkit for deep relaxation, inner reflection, and embodied leadership. Graduates of this course will be equipped not only to guide others but to champion rest as an act of resilience and renewal within their communities.

By investing in the training, participants will:

- **Cultivate a personal Yoga Nidra and Restorative Yoga practice** to sustain their own well-being, anchoring as role models for rest-centered leadership and collective care.
- **Communicate the principles and transformative potential of Yoga Nidra and Restorative Yoga** as tools for individual and community healing, emphasizing their role in nervous system regulation, resilience-building, and overall wellness.

- **Demonstrate and assist in restorative postures** with an emphasis on alignment, individualized support, and the use of props to maximize safety, comfort, and relaxation.
- **Adapt practices for varying abilities and physical conditions,** offering accessible options that empower students at all levels to experience rest and self-care.
- **Foster a nurturing environment** where students and communities can access deep relaxation, healing, and connection, building a space that inspires trust, support, and communal growth.
- **Strengthen a personal rest practice as a portal for self-reflection** to deepen awareness of their own leadership skills, qualities, and growth areas, using stillness as a foundation for cultivating presence, empathy, and resilience in service to others.
- **Lead with a rest-centered approach** that encourages resilience and sustainable engagement, integrating principles of rest and renewal into community and service-based leadership.

In addition to training sessions, students are also required to commit to a daily rest practice, complete homework assignments, meet asynchronously with fellow trainees, and attend restorative yoga or yoga nidra classes.

Upon completion of the coursework and evaluation, participants will receive a certification of completion. For those that are Yoga teachers this will then enable you to register with Yoga Alliance for Continuing Education Credits (YACEP).

WHO IS THIS TRAINING FOR?

This training is designed for leaders, healers, and service-oriented practitioners who view rest as a pathway to collective wellness and transformational leadership. Ideal candidates have completed foundational training in yoga or meditation and are ready to extend their offerings with intentional, therapeutic practices. This training serves those who want to lead communities through rest-centered practices, with a focus on collective healing and resilience.

Participants should embody a strong personal practice in mindfulness or stillness, as it forms the essential base for guiding others in these practices. This is a comprehensive certification program, not a short immersion, aimed at those ready to complete all training requirements and develop a rest-centered leadership approach within their service, teaching, or advocacy work.

COURSE SCHEDULE & DATES

The training course is taught over the course of four consecutive weeks and a required in-studio closing weekend. This format supports students having time to integrate the material, meet independently with cohort-members between live virtual sessions, complete homework assignments, and prepare for assigned practice sessions. All content will be housed within Thinkific, an online learning platform.

Virtual Synchronous Date

Training Orientation & Compliance Meeting
Friday, October 30: 12 p.m. - 1 p.m. EST
(Mandatory for all trainees, non-negotiable)

Module 1 | Monday, November 2: 6 p.m. - 9:15 p.m. EST

- Exploring Our Relationship to Rest
- Rest as a Sacred Tool for Self-Connection

Module 2 | Monday, November 9: 6 p.m. - 9:15 p.m. EST

- Anatomy & Physiology of Restorative Practices
- Restorative Teaching Methodology

Module 3 | Monday, November 16: 6 p.m. - 9:15 p.m. EST

- The Energetics and Subtlety of Yoga Nidra
- The Art of Holding Space

Module 4 | Monday, November 23: 6 p.m. - 9:15 p.m. EST

- Restorative Yoga Posture Clinic
- The Outer Expression of Rest in Leadership

Optional Office Hours via Zoom (Dates are tentative and subject to change)

In-Person Closing Weekend: December 11 and 12, 2025

- Friday, December 11: 5 p.m. - 9 p.m.
- Saturday, December 12: 9 am - 3 p.m.

IN-PERSON CLOSING WEEKEND + COMMENCEMENT CEREMONY

The closing weekend will be held in-person at our studio, 300 Main Street, Laurel, MD, if health and safety conditions permit. We are in accordance with Prince George's County Executive Orders. In the event we must pivot, livestream/online learning will be set in place via Zoom.

TUITION & REGISTRATION

The cost of our 65-hour Leadership Training is **$1095.** Applicants will be required to submit an information form and pay the non-refundable **$365** deposit to gain entry into the training.

PAYMENT PLAN OPTION

Tuition of **$1095** payable as follows:

- $365 non-refundable deposit due upon registration.
- Followed by a payment of $365 drafted from your card on file on October 15 and November 15, 2026.

TUITION & REFUND POLICY

If an applicant withdraws from the program after acceptance/deposit, but before the program starts, **$365** from the applicant's deposit amount will be retained by the program. However, such an amount can be applied towards a future training program.

- If an applicant withdraws during the program, the applicant is still responsible for the remaining balance.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort, the applicant is responsible for the difference of tuition for the new training cohort.
- If an applicant is attempting to rejoin the training program after withdrawing from a previous cohort and did not complete full tuition payment, the applicant is responsible for paying the previous remaining balance and the forthcoming tuition amount.

The program will not give any refunds or credits after the training starts. The program reserves the right to cancel any training before it begins. In that case any payments applicants have made will be refunded in full.

Questions regarding tuition balance, please contact marcus@sankofayogacenter.com

ATTENDANCE POLICY

We require 100% attendance to graduate and receive a certificate of completion from our program. Class attendance will be taken throughout the training.
In the case of any **emergency absences,** please notify the program director immediately. If a student has **planned absences** that conflict with attendance in the program, please contact the program director prior to enrollment to discuss options. Students may miss only ONE live virtual session, and must watch the replay prior to the next live session. **Attendance to the live closing weekend in full is MANDATORY, no exceptions.**

Options may include apprenticeship, a group study-session, use of our buddy system, etc. If the options discussed with the program director does not work with the student's schedule, students must pay an additional cost for private make-up sessions with a teacher. Please discuss attendance concerns with Shawn Moore at info@shawnjmoore.com prior to enrolling.

A leave of absence from the program will be granted due to medical disability or other extraordinary circumstances at the discretion of the program director. In this case our refund policy will apply to unused tuition and the student must reapply for the next available session and pay the difference, if any, of any remaining tuition and/or any related administrative fees. If tuition is increased for the next available session, the student must pay the higher rate.

No refunds will be given if the program removes a student from the program for bad conduct. Bad conduct is violation of the Code of Conduct, gossip, harassment, bullying, or any other behavior that is inappropriate or disruptive to the welfare of the program or to fellow students.

REQUIRED RESOURCES

1. ***Rest is Sacred: Reclaiming Our Brilliance through the Practice of Stillness*** by Octavia Raheeem
2. ***Radiant Rest: Yoga Nidra for Deep Relaxation and Awakened Clarity*** by Tracee Stanley
3. ***Restore and Rebalance: Yoga for Deep Relaxation*** by Judith Lasater
4. ***Yoga Nidra: The iRest Meditative Practice for Deep Relaxation and Healing*** by Richard Miller
5. ***Transforming Ethnic and Race-Based Traumatic Stress with Yoga*** by Dr. Gail Parker
6. ***"Always & Forever" Journal*** by Gelisa Lewis - https://www.thinkwriteheal.com/store/p/always-forever-journal

SUGGESTED RESOURCES

- ***Relax and Renew: Restful Yoga for Stressful Times*** by Judith Lasater
- ***Restorative Yoga for Ethnic and Race-Based Stress and Trauma*** by Dr. Gail Parker
- ***Yoga Nidra: The Art of Transformational Sleep*** by Kamini Desi
- ***Yoga Nidra*** by Swami Satyananda Saraswati

REQUIRED PROPS YOU'LL NEED

To complete the practices & properly explore each pose you will need to have the following props available during the training:

- A Bolster (two if possible, otherwise use one bolster and some pillows from your couch or bed)
- 2-4 Yoga Blocks (cork or foam is fine)
- 2-4 Yoga Blankets (wool preferred, but you can improv with what you have available)
- A Yoga Strap
- You may also like to have an eye-pillow, a small towel and a sandbag
- Some poses will require space at the wall or a chair for support

CERTIFICATION REQUIREMENTS

In addition to attending all training sessions, there are few other certification requirements:

Journaling, Reflections, and Active Participation

Students are required to complete hOMework assignments/journal entries based on their readings from the assigned texts and resources.

40-Day Sadhana: Rest Reflection with the *"Always & Forever" Journal*

Students will embark on a transformative 40-day journey of restorative practices. At the end of this period, you'll write a reflective piece on your evolving relationship with rest. This reflection will serve as a capstone to your sadhana, helping you integrate your experiences and set intentions for continued growth.

Community Practicum: Holding Rest Space

During our in-person weekend, you will have the opportunity to apply your restorative yoga skills in a real-world setting. Your task is to create and hold a restful space for one or more community members. This practicum allows you to integrate your learning and gain hands-on experience in facilitating restorative practices for others.

Restorative or Yoga Nidra Class Observations *(Tracked via Google Form)*

Students are required to attend 4 classes throughout the course, provide reflection on teaching style, space holding, and technique. Two classes are included in tuition to take classes in-studio or online at Sankofa. You may also substitute one of your classes for group counseling classes.

Practice Teach 3 Sessions Minimum

(Feedback sent via Google Form) Students will conduct 3 sessions of practice teaching.

QUESTIONS?

Contact us:

Email: info@shawnjmoore.com

Phone: 301-278-1864